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Bangalore Mirror

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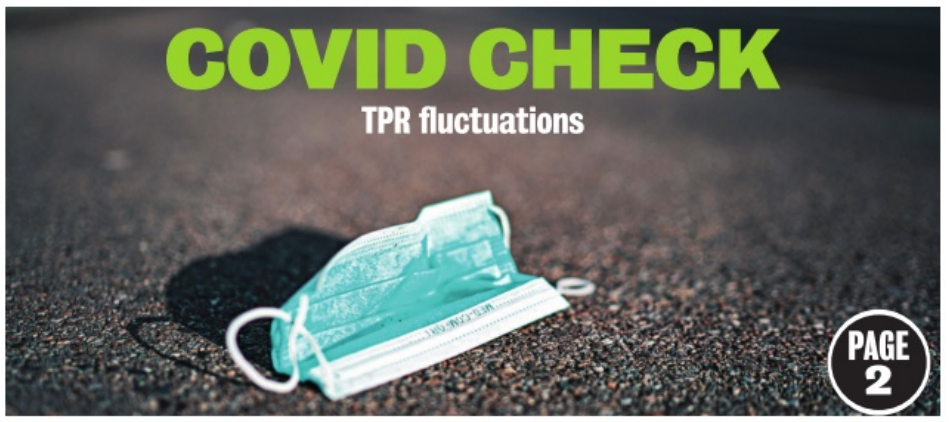

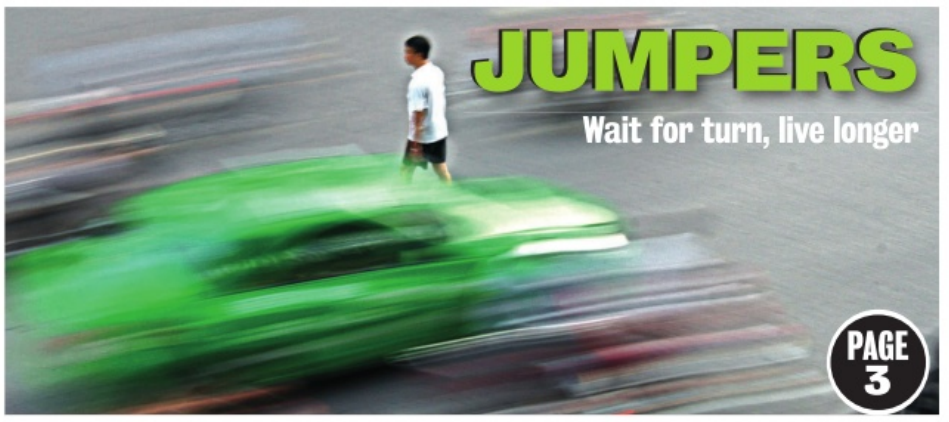

After shifting 150 tenants from shopping complex promising new building, BBMP still collecting rent four years on

SHOPLIFTING CIVIC BODY

Tenants told to set up shop in parking facility say businesses hurt

Y Maheswara Reddy
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It is now a routine for more than 150 tenants of Jayanagar Shopping Complex to open their shops in a space allotted on temporary basis at the parking place of the complex in the morning and close in the evening.

For the last four years, the tenants have been going home empty handed too. But they are paying rent to the Bruhat Bengaluru Mahanagara Palike (BBMP) for their respective shops now lying discarded in the old shopping complex.

Prior to shifting to the new building on a temporary basis, the tenants — engaged in selling vegetables, fruits and stationery, etc. — were very happy. Most of them have been doing business at Jayanagar Shopping Complex for more than 20 years. Now, they are repenting for blindly believing the BBMP which promised to demolish the existing old market building and construct new one within two years but nothing - neither the demolition of the existing building nor construction of a new building – has happened till date even after four years.

CONTINUED ON PAGE 6 »

Vegetable market that was to be demolished four years ago to construct a new market building; (Inset) Some of the tenants who were shifted to parking space on temporary basis four years ago

“ The size of my book store was around 400 sq ft at the old building but now I have to adjust with the 60 sq ft shop

— Suresh, general secretary, Jayanagar Shopping Complex Association

Mad Axe

1,307 trees located between Baiyapannahalli and Lottegollahalli railway stations to be felled or translocated

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Yet again, hundreds of trees in the city shall face the axe. As per the latest order of the tree expert committee (TEC), as many as 1,307 trees located on the stretch between Baiyapannahalli and Lottegollahalli railway stations will either be felled or translocated to give way to the second corridor of the suburban rail project.

According to the order, while 73 trees will be translocated, 1,234 trees will be removed.

The Rail Infrastructure Development Company (Karnataka) Limited (K-RIDE), had earlier sought permission for the clearance of 1,430 trees in the project area. A public notice was published by the BBMP in July last year, announcing the proposal and seeking objections from the public. As per information from the BBMP forest cell, no objections were filed in response to the notice.

Experts BM spoke to said while the TEC was instated to mitigate the impact of infrastructure projects on the city’s green cover, the committee is not performing its duty as envisioned by the court during its formulation.

CONTINUED ON PAGE 8 »

1 THING TO DO

01 Ethnic wear

Catch a special Rajasthani handloom exhibition that is displaying ethnic and contemporary arts and crafts, clothing, handloom sarees, jewellery, home décor, furniture, and handicraft products direct from the artisans and craft persons from across India. **Where: Sri Suryodaya Kalyana mantapa, Vijay Nagar; When: Till March 9, 10.30 am – 8.30 pm**
Phones: 89518 99961 / 94829 59786

Mind matters

Schoolchildren, medical students and science enthusiasts visit stalls as part of National Science Day organised by National Institute of Mental Health and Neuro Sciences (NIMHANS). The theme was 'Global science for global wellbeing' at NIMHANS convention centre on Tuesday. Visitors went through different experiences by holding a real brain and other internal organs of a human, participating in a demonstration of first aid, interactive mind games, film fiesta etc.

FORM-IV

(See Rule-8)

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I, R. J. PRAKASHAN hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date : 01.03.2023

Sd/-
R. J. PRAKASHAN
Publisher

Déjà vu: When TPR reached a new high

Covid Test Positivity Rate shoots up to 17.97 per cent on Monday before plummeting again; experts say there is nothing to worry about

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Health experts were in for a surprise on Monday when the test positivity rate suddenly shot up to 17.97 per cent, an unusually high number which was witnessed during the second and third waves' peaks. However, it suddenly dropped to four per cent as per Tuesday's health bulletin.

Technical Advisory Committee (TAC) chairman Dr MK Sudarshan explained that this may not be a cause for worry yet as the TPR was relevant in earlier times as the epidemiological scenario was quite different. Now, he said, in the current scenario, the higher TPR may be due to lower testing. "However, we need to review this in the current set of things. If the TPR is high, we should immediately check with hospitalisation, severity and deaths."

Experts say that severe Covid cases are at an all-time low with zero deaths being reported in the last few months.

As per Monday's bulletin, 14 people are currently under hospital care and out of them nine are in general wards, three in HDU and two in ICU. Bengaluru currently has 172 active cases. Wards like Bellandur, Koramangala, Marathahalli and HSR layout have reported two cases each in the last 10 days. Overall, 118 out of 198 wards report zero cases on a daily basis.

Bengalureans wear masks at the city market (file)

Dr Sudarshan further added, "The new parameters to be considered as a majority of the symptomatics are not coming forward for testing and we cannot force people. Currently, a majority of the symptomatic are experiencing mild to moderate flu with symptoms like cold, cough, fever, body pain or sore throat. They don't want to get tested or isolated and instead want to continue with their lives and livelihoods."

According to him, experts and officials need to address all these three issues (health, lives and livelihood). More than 90 per cent of the people have been infected earlier and have hybrid immunity (both natural and vaccine immunity). In this scenario, the message is that Covid is not affecting health, life or livelihoods.

> **"High TPR in current scenario may be due to fewer testing of people**
> – Dr MK Sudarshan, chairman, Technical Advisory Committee

"If we look at deaths, there was one death reported in January and two in February (non-Bengaluru regions) in Karnataka. Even an analysis of those deceased patients has revealed that the victims were elderly and suffering from co morbid conditions. In such cases, testing positivity was an incidental finding as they could have been admitted to hospital for various other reasons and not for Covid," he said.

Dr Sudarshan said that the TAC was keeping a close watch on the Covid scenario in the state through state bulletins. He said that not many travelling from other countries were testing positive as well. In the last few weeks, only eight have tested positive (only two per cent of people are randomly tested in airports). Currently, the TAC said that the strategy of sewage surveillance was under review and will soon be restrategised.

Money matters lead to murder by 'friends'

A man was brutally murdered in a house near Nayandahalli recently. Liaqat Ali Khan, the 44-year-old victim, was hacked to death over financial issues. His friends Waseem and Johar are suspected to have committed the murder and the Chandra Layout Police Station have registered a case against them. The matter is currently under investigation.

Khan, who had gone to the gym at night, went missing right after. Following that, his family members started looking for him. Later, in the morning, he was found dead in another house.

A man who had gone to the gym at night went missing right after. Following that, his family members started looking for him. Later, in the morning, he was found dead in another house

At present, the police have sent the body for post-mortem. The family members suspected that the murder was due to financial reasons and Waseem and Johar are being accused of the crime. Khan's family members have filed a case in the local police station regarding the incident.

One dead, one hurt in demolition drive

Meanwhile, a part of a dargah collapsed during a governmental demolition operation near Avenue Road, Market circle in Bengaluru. The incident reportedly left one person dead and another injured. The two were employees there. They were brought to the hospital after being seriously injured.

West Bengaluru DCP Laxman B Nimbargi said, "One person died and another person was injured. This was due to a part of the dargah collapsing during demolition work by the administration."

Auto collision kills cop

An on-duty traffic Assistant Sub Inspector (ASI) was killed in an auto collision near Basaveshwara Circle on Sunday.

The incident took place three days ago when an auto driver ran into ASI Nagaraju who was standing on the side of the road and controlling the traffic near Basaveshwara Circle under High Grounds police station. His head and other parts of his body were severely injured. The officer was immediately admitted to a hospital. However, even after continuous treatment, there was no hope. The officer breathed his last on Tuesday.

BMB

Wait for your turn, live longer

B'luru sees 1,08,474 cases of citizens jumping traffic signals in January

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The city recorded 1,08,474 cases of citizens jumping traffic signals in January 2023, according to the data provided by Bengaluru Traffic Police. In 2022, the city recorded 4,24,525 cases of people jumping traffic signals, and in the year 2021, there were 8,22,529 such cases.

Commuters across Bengaluru have expressed their concern regarding the matter and say that jumping signals can lead to accidents.

Souvik Roy, a regular commuter in the city, told Bangalore Mirror, "Traffic signals are meant to coordinate city traffic and avoid congestion. The biggest risk of jumping traffic signals are serious accidents. Several people have been run over in horrific ways because of irresponsible motorists and drivers ignoring the red signal."

Additionally, in smaller junctions, the violation of traffic signals often leads to major traffic congestion. A resident of the city, Subham Murthy, told BM that the traffic department should create awareness about it.

"Jumping traffic signals can lead to accidents. It is not just other vehicles on the road and pedestrians that are at risk. The rule- breaker is putting themself in danger too by jumping signals at a high speed. Deploying policemen at junctions and imposing fines are deterrents. Sometimes, vehicles behind us may be moving fast, trying to get past the signal at the last second. Such drivers honk repeatedly and may force others to jump the signal. This is why creating awareness is so essential," he said.

According to the police, AI cameras are helping them track down the people who are jumping traffic signals.

"It mostly happens in places where people see that there are no policemen nearby. But now we have cameras that can detect number plates, so we are imposing fines on these people when they are caught doing the same. The department also conducts awareness drives in schools and other places often in order to educate citizens about the dangers of violating rules," said a police official.

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At your service, at last

Stretch of service road connecting to Old Madras Road, Sir M Visvesvaraya Terminal had been full of gravel, troubling commuters greatly for very long

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TWEETS @BangaloreMIRROR

Residents, especially two-wheeler riders, from Jeevanahalli, Katalpalaya, Cox Town, and nearby areas did not have it easy all these years. They had to struggle to reach Old Madras Road and proceed towards KR Puram, DRDO Complex, or New Thippasandra due to the bad condition of a stretch. This stretch was on the service road that connects to Old Madras Road and Sir M Visvesvaraya Terminal.

The service roads on both sides of the railway overbridge, which was opened to the public more than a year ago, were full of gravel. Commuting on this stretch (around 450 m on both sides) was a task and many incidents of two-wheelers skidding were reported. The other major problem was citizens being unable to transport the mortal remains of their relatives to Kalpalli burial ground with ease. However, the notorious stretch is finally set to become motorable in a few days.

"I am very happy to know that work on the service road has begun. It was in a very bad condition. I want to thank our MLA S Raghu for directing Bruhat Bengaluru Mahanagara Palike (BBMP) authorities to asphalt the roads on both sides of the railway overbridge ramp leading towards Old Madras Road," said Bharathinagar Residents Forum president NS Ravi. Several motorists and auto rickshaw drivers want the work done as soon as possible. "It is very tough to drive an auto on this service road as it is full of gravel. It is also not safe to carry pregnant women in autos on this road," said Ashok K, an auto rickshaw driver.

Jeevan Kumar, a resident of Jeevanahalli, was thrilled about the service roads being leveled. He said it was very difficult for him to navigate the area earlier.

On Tuesday, CV Raman Nagar MLA S Raghu, along with the BBMP Executive Engineer (Major Roads), inspected the progress of work. "I have already directed the BBMP Executive Engineer to complete the asphalting of this stretch. I am ready to help the BBMP authorities if they have any hassles regarding completion of the work. I have also told the contractor to complete the installation of streetlights," said the MLA.

BBMP Executive Engineer (Major Roads), Priyadarshini, said that it should take a few days for the work to be completed. "I have told the contractor to complete the installation of streetlights within eight days. There was a delay in availing permission from BESCOM. Now, the contractor has paid the deposit to the body," she said.

She added that development of roadside drains has been completed and vision blinders have been installed on the ramp. The total cost of the project is Rs 15 crore, she informed. Bangalore Mirror had previously published a story about the sorry state of the road.

CV Raman Nagar MLA S Raghu and BBMP Executive Engineer Priyadarshini visited the spot on Tuesday to inspect the progress of work; development of roadside drains has reportedly been completed already

"I have told the contractor to complete installation of streetlights in 8 days. There was a delay in availing permission from BESCOM
– Priyadarshini, BBMP

BM's report on May 15, 2022 spoke about the gravel-filled service road making it risky for two-wheeler riders to commute

Here's why city may come to standstill

Garbage collection may stop today, as may work at primary health centres

Pourakarmikas have threatened to stop garbage collection from today. School teachers have also extended their support to the Karnataka State Government Employees Association by saying they will not conduct examinations. They have called for a strike from today, demanding implementation of the seventh pay commission.

BBMP employees' association president Amrut Raj said, "Everything will be shut down in Bengaluru. Garbage collection will stop, as will tax collection, work at primary health centres, and horticulture. Even birth and death certificates will not be issued during the strike period. We are glad that all the employees are participating voluntarily."

Association president CS Shadakshari said that all government hospitals, except emergency and casualty wings, will be shut down. Adding to this, State Government Schools and Colleges President Shambhulinga Gowda said, "The board exams for the fifth and eighth standards will start from March 13 and we request the government to respond to our demands at the earliest so we don't trouble students."

However, BWSSB and BESCOM officials are unlikely to protest. A senior official said that as water and power supply were under essential services, they cannot take part. Shadakshari added that the agitation will stop only when the government agrees to implement the seventh pay commission. "Karnataka government employees get the lowest salaries in India. Other states have hiked salaries long ago. 39 per cent of posts are vacant. In spite of all the hard work, the state is in fifth position in terms of development," he said.

This development has posed a challenge to the ruling BJP government as assembly elections are nearing. Chief Minister Basavaraj Bommai discouraged the strike, saying that the interim report of the seventh pay commission would be implemented, for which money has been earmarked in the budget. Rejecting the offer, Shadakshari stated that Bommai has not mentioned anything about the seventh pay commission. He had promised to implement it last year, but till date, the assurance has not been fulfilled, he said.

"I request government employees of all cadres to join the indefinite strike. The agitation is being carried out under collective leadership. All government employees will remain absent. There was confusion at the beginning, but now various associations of government employees have come together. In 2022, they maintained that the pay commission would be formed, but it did not take shape. It has been formed after nine months. We have requested the government to take the interim report and implement it. It was assured that the demand would be verified, but it was only 'under discussion' and no decision was taken," he explained. — BMB

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What's the point?

Malleswaram

This road in 17th Cross Malleswaram, near Cloud Nine Hospital, has been dug up after being tarred recently.

Heaps of trouble

NGEF Layout

There are heaps of rubble in front of the Jal Vayu Towers gate in NGEF Layout.

Walkers blocked

Madiwala

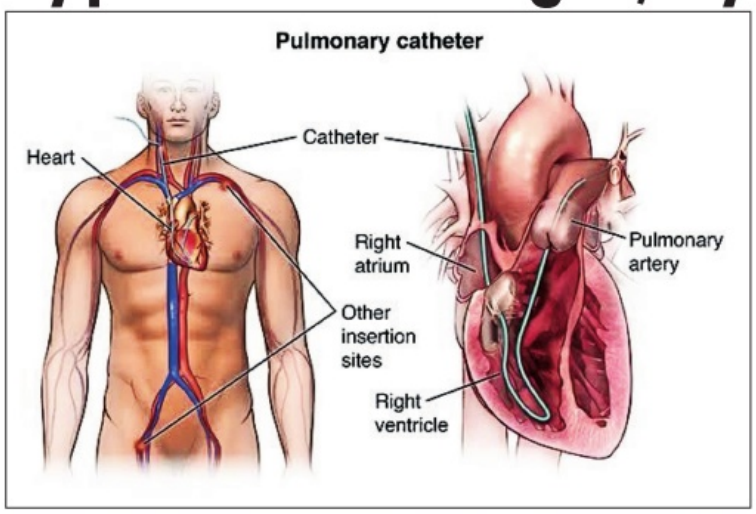
This car, abandoned for over two years at the entrance of Madiwala, 29th Main, BTM 2nd stage, is blocking pedestrian movement.

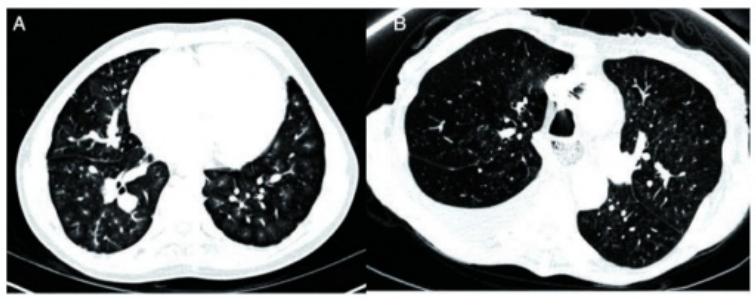
Pulmonary Hypertension: Signs, Symptoms and Treatment

Pulmonary hypertension (PH) is a general term that is used to describe high blood pressure that affects the blood vessels (arteries) in the lungs and the right side of the heart from any cause. This is a different problem than high blood pressure in the whole body (systemic hypertension). There are five different groups of pulmonary hypertension that are based on the causes. Different types of PH can require different treatment. In one form of pulmonary hypertension, called pulmonary arterial hypertension (PAH), blood vessels in the lungs are narrowed or blocked. The damage slows blood flow through the lungs, and blood

pressure in the lung arteries rises. Due to this high pressure in lung arteries, the oxygen from lungs does not get transferred to the blood which is called impaired diffusion of oxygen. Hence, carbon dioxide in the blood vessels increases which makes the patient breathless and blue. Increased pressure in the lung arteries causes increased pressure in the right side of the heart due to back pressure. This eventually causes fluid retention in the lungs and legs due impaired working of the right side of the heart called right heart failure or congestive cardiac failure.

PAH affects about 15 to 50 persons per million within the United States and Europe.





Signs and Symptoms

When in early stages, patients with PAH will have no signs and symptoms. However, as disease progresses the pressure in the lungs increases which further puts stress on the heart and also results in low oxygen levels throughout the body. Some symptoms start out mild and get worse slowly while others can come on all of a sudden.

Risk factors

Pulmonary arterial hypertension is more often diagnosed in people ages 30 to

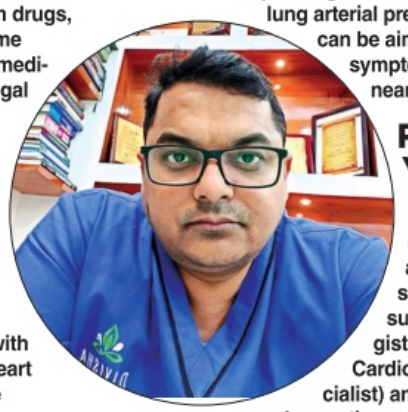
60. Other things that can raise the risk of pulmonary arterial hypertension include:

1. A family history of the condition
2. Autoimmune Rheumatic diseases affecting lungs such as Rheumatoid Arthritis, Scleroderma, Mixed Connective Tissue Disease (MCTD) and Overlap Connective Tissue Disease.
3. Use of certain drugs, including some weight- loss medicines and illegal drugs such as cocaine or methamphetamine
4. Occurring with other medical conditions including:

- Those born with defec- tive heart
- Liver disease
- HIV infection

World Rare Disease Day

Know about Pulmonary Arterial Hypertension



Diagnosis

Pulmonary arterial hypertension (PH) can be difficult to diagnose in a routine medical exam because the most common symptoms of PH, such as breathlessness, fatigue and dizziness, are also associated with many other conditions. If your healthcare provider suspects that you have PH, he or she will want to review your medical and family history, perform a physical exam and perform one or more diagnostic tests. Because the different kinds of pulmonary hypertension are treated differently, it is important that your healthcare provider takes the time and orders the necessary tests to find out what kind of pulmonary hypertension you have. There are treatments available which can increase the size of lung arteries and thereby reduce lung arterial pressure and hence reduce the symptoms. Depending on the cause of increased lung arterial pressure, treatment can be aimed at reducing symptoms and leading a near normal life.

Patients with Pulmonary

Hypertension should be managed by team of specialist doctors such as Pulmonologist (lung specialist), Cardiologist (Heart Specialist) and if Autoimmune rheumatic problem is there as a cause of Pulmonary Hypertension then a Rheumatologist (Autoimmune rheumatic specialist) should also be involved in the management of the patient.

For more details contact:

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All about Pulmonary Arterial Hypertension

Hypertension means High Blood pressure. Normally, we measure blood pressure in the arm with a blood pressure instrument. If the reading is high, technically it is called Systemic Hypertension, or High Blood pressure in layman's terminology. Similar to this, there is a condition in which pressure in arteries travelling through lungs is very high. These arteries in the lung are called Pulmonary arteries, and high pressure in this field is known as Pulmonary Arterial Hypertension (PAH) or simply Pulmonary Hypertension (PH).

Why is it important to know about PAH?

PAH is one of the important causes of poor quality of life and early death. Unlike Systemic Hypertension or high blood pressure, treatment options are limited.

How does it affect a patient?

It is important to understand normal blood flow through the heart and lungs. Impure blood from various parts of the body, through channels called veins, reaches the heart's upper-right-side chamber, known as Right Atrium (RA). From here, impure blood moves forward into another chamber called the Right Ventricle (RV). Impure blood from the RV goes into the lungs through Pulmonary Arteries (PA) for purification. This purified blood then goes to the Left Atrium (LA), then the Left Ventricle (LV), and from the LV into all the organs of the body through the aorta and its branches.

Development of high pressure in pulmonary arteries has 2 important consequences - (1) it reduces flow of purified blood into the left side of the heart and therefore to all organs of the body, and (2) due to high pressure, it leads to failure of the right ventricle, which manifests as water clogging in the legs, abdomen, and lungs.

Physically, this leads to poor appetite, weight loss, breathlessness, and generally poor quality of life.

What causes PAH?

Main causes of PAH are:

1) Birth defects: Untreated holes in the heart in children can lead to severe PAH, like Atrial Septal Defect (ASD), Ventricular Septal Defect (VSD) Patent Ductus Arteriosus (PDA), etc.
2) Clots in legs: Some people experience sudden chest pain with breathlessness, especially after prolonged rest or hospitalisation, or while in long flights. In this case, veins in the legs form blood clots which migrate and choke pulmonary arteries. Similar problem occurs in patients who have undergone knee or hip replacement operations. This is a potentially life threatening condition with a high death rate.
3) Long-standing asthma: Long-standing lung problems can cause severe PAH. This leads to swelling of feet. This is difficult to treat.
4) Idiopathic or Primary PAH: When the cause is unknown, it is called idiopathic or primary PAH. This primarily affects young females. It reduces the average life span to 30-35 years.
5) Left-side heart valve problems: Diseases affecting mitral valve or the left side of the heart can cause severe PAH. This is treatable.
6) Some joint problems like Systemic Lupus Arteriosus (SLE), several cancers, etc. can also cause severe PAH.

Diagnosis

PAH is first diagnosed by imaging, specifically 2D-Echocardiography. Depending upon the cause it is further evaluated by techniques such as CT Pulmonary angiography or cardiac catheterization study.

Treatment

When severe PAH is caused by left-side heart-valve diseases, correction of the underlying problem takes care of it.

It is important to diagnose PAH in children with birth defects. Diagnosis and correction of these defects before development of severe PAH is crucial. Otherwise it may become irreversible and inoperable; a condition known as

Eisenmenger's Syndrome. Unfortunately, in our country, a lack of paediatric screening has led to several children developing Eisenmenger's. This condition considerably shortens one's life span.

When severe PAH is caused by lung problems, proper treatment of lung condition is warranted.

There are many medicines (such as Sildenafil, Tadalafil, Prostaglandins, Bosentan, and Ambrisentan, macitentan, Riociguat and selexipag) which are useful in the treatment of primary PAH and birth-defect associated severe PAH. Medicines have not only been shown to relieve symptoms but also to increase survival in cases of severe PAH.

Some patients may require oxygen supplementation at home. Blood thinners like warfarin or rivaroxaban/apixaban/dabigatran are required in patients who develop severe PAH due to blood clots.

Prevention

Early diagnosis of birth defects and prompt management is essential. Administration of blood thinners immediately after knee or hip replacements can prevent fatal postoperative complications. Along similar lines, giving blood thinners (rivaroxaban/apixaban/dabigatran, not aspirin) to patients who have been bedridden for more than 3 days is lifesaving.

Prevention of lung infections by vaccination - influenza and pneumococcal - helps many patients.

Long distance air travellers can avoid it with frequent leg exercises.

Pregnancy is inadvisable for females with severe PAH, as it can have life- threatening complications for the mother.

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Grate expectations for trees

BBMP decides to protect avenue trees by installing tree grates at their bases, allots more than Rs 1 crore to execute this project

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After receiving severe backlash for proposing road infrastructure projects leading to the destruction of Bengaluru's green cover, the Bruhat Bengaluru Mahanagara Palike's (BBMP) recent initiative deserves a pat on the back.

The road infrastructure department of the palike has decided to fortify avenue trees by installing tree grates at their bases. According to the senior officials from the department, while the pilot project has been completed on the Malleswaram 18th Cross Road, trees on Jayamahal Road are the next in line to receive this treatment.

The idea is to preserve trees and increase the water table in the city.

"This is an initiative by the road infrastructure department to make pavements tree-friendly and walkable. We have witnessed in the past that avenue trees get concretised up to the trunk during road or pavement repair work. The structure placed around the tree base will avoid that apart from helping trees breathe easily and ensuring that water percolates into the roots and soil," BS Prahalad, Chief Engineer (road and infrastructure), BBMP told Bangalore Mirror.

This will not only ensure healthy avenue trees but will also improve the groundwater table of the city, he added.

BBMP officials also informed that a total fund of around Rs 1 crore has been kept aside to free all the city trees of concrete and install the grates. They say they want to give out a message that the civic agency is tree-friendly.

The trees on Malleswaram 18th Cross have already received grates as part of pilot project. Trees on Jayamahal Road are the next in line

"We have kept aside more than Rs 1 crore in the recent budget to execute this project. While trees on Malleswaram 18th Cross have already received the treatment, we will soon be installing the cement grates at tree bases across the city. We have already installed more than 100 grates," he explained.

Every road and pavement repair work contract that will be given away by the BBMP, hereon will compulsorily include the tree grate clause, ensuring no tree is concreted in the future as well, he added.

"It will be part of pavement repair design from here on. We need to create awareness among our engineers and also start a practice to ensure that road development work is sustainable," he further added.

A welcome move

Tree activists and residents have welcomed the new initiative with some suggestions for the BBMP to follow.

"It is a positive move. However, the BBMP officials concerned should ensure that the concrete around every tree base is broken and debris is removed before installing the grates. They should consider planting grass in the joints of the grates to make them more stable and aesthetically pleasing," said Susan P, a resident of Nandi Durga Road.

> **"This is an initiative to make pavements tree-friendly and walkable. The grates will help trees breathe** –BS Prahalad, BBMP

While the move has pleasantly surprised many, some also expressed their worries about cement grates instead of steel grates that are generally used around tree bases.

"Steel grates are standard in many cities across the country. They are made of reinforced aluminum, which is heavier but less expensive than steel or brass. A cheaper mechanism of cement grates might choke the tree further as if it is cumbersome. BBMP should consider putting lawns at the tree bases by cutting out a square around the tree instead," said Priya Chetty Rajagopal, another resident.

However, BBMP officials say the concrete grates will serve the purpose.

"We thought of installing steel grates but we realized that they will run the risk of getting stolen. The cement grates being used are of M30 grade quality and are too heavy to be stolen," said Prahalad.

Testing patience with delayed SWD work

Drain work began at AECS Layout last Aug; work is far from over and the road is damaged making homes in the area inaccessible

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Last year's heavy rains in Bengaluru had resulted in flooding in many parts of the city, after which the Chief Minister Basvaraj Bommai had announced the construction of a storm water drain (SWD) in an integrated manner with the addition of secondary and tertiary drains. As the drain works have started in some areas, the residents complain that the work is in slow progress, which is causing a lot of inconvenience to them.

The residents of AECS Layout pointed out that on the 6th Main at D Block of the layout in August 2022, the construction of a manhole was initiated, followed by the construction of side drains. As a result, around 600 metre of the road is damaged and filled with potholes. The work has not been completed and is going at a snail's pace.

Many residents are finding difficulties in entering and exiting their house gates and parking their vehicles in the area.

Harish Reddy, a resident of the area, told Bangalore Mirror that the Bruhat Bengaluru Mahanagara Palike (BBMP) first started the construction of the manhole in August. They poured the concrete mixture between the construction frames and removed the frames in two days.

"There is no curing done and this will easily damage the strength of the drain walls. They first started with the left side drains then the right side and have delayed the work. As a result, the road here is left in poor condition with dust and potholes. Approximately, 20 school buses ply on this road every day and it's getting difficult for them to pass through the dug-up stretch," he said.

This has been going on for more than 8 months now, he added.

Further, the residents complained about the CMRIT Layout where the work is left half done and the debris from dug-up drains is dumped on the road.

"Despite thousands of rupees spent on the construction of drains, the quality of work done on the ground is horrible. What is BBMP doing with the funds? The city has already seen the disastrous impact of floods and if the civic body continues such delay and shoddy work we will see another round of devastation," said Indira Belde, a resident of AECS Layout.

"There is no timeline given as to when the work will be completed. We want the work to be completed fast with 100 per cent quality work," she added.

Breaking bad shopkeeping

CONTINUED FROM PAGE 1

"We have been selling vegetables and greens for the last four decades. Our grandfather used to sell vegetables and greens here before the shopping complex was constructed. As of now, our brothers have four shops. It hurt me when a politician alleged that our family got 13 shops allotted here," said M Venkataswamy, one of the tenants.

The existing old structures from where the tenants were shifted to the new building on a temporary basis have become open urinals and a den for miscreants.

Jayanagar Shopping Complex Association general secretary Suresh, who owns Graduates Books Centre, said the BBMP allotted a shop on the second floor of the building. "We have been in this business for the last 45 years. I am paying the rent from my pocket. There are no footfalls. It makes no difference if the book shop remains open or closed. The size of my book store was around 400 sq ft at the old building but now I have to adjust with the 60 sq ft shop. The BMBP collects rent without fail every month," said Suresh.

Tenant K Shanmuga Sundar said he incurred a huge loss due to lack of footfalls. "I am paying the rent from my pocket," said Shamuga Sundar.

Shashikumar who works at Modern Coffee owned by former minister Perikal M Mallappa's brother said that only one customer visited the Modern Coffee to buy coffee powder worth Rs 100. "Two people are working at this shop. No sale is taking place. We have closed the shop and are going home as only one customer visited the shop till afternoon. The BBMP promised to demolish the old building and construct the new building within one-and-half years but nothing has been done till date," said Shashikumar.

BBMP joint commissioner (south) issued assurance letters on February 1, 2019 to the tenants of the vegetable market and those around the vegetable market stating that shops are allotted the New Block 1 on temporary basis and they shall be allotted shops on regular basis after demolishing the existing old market buildings and constructing new buildings.

"It has already been four years but the old structures are still intact. No attempt is made to demolish the structures and commence the construction of the new market building. No budget has been allocated for the construction," said Jayanagar Vegetable Market Association president M Venkatesh.

Meanwhile, BBMP assistant revenue officer said that she has been doing her duty as per the norms. "I have been collecting rent from the tenants as per the norms," said the ARO.

When informed, BBMP zonal commissioner (south) said that measures are being taken to commence the construction of the new vegetable market building. Commenting on illegal allotment of shops, he said that no such allotments were made.

₹200-cr tender loving care for Bengaluru air

BBMP floats tender seeking help from project management consultants for clean air programme; plans to create high-quality services, streamline infrastructure

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To effectively manage and implement the National Clean Air Program (NCAP) under the 15th Finance Commission, the Bruhat Bengaluru Mahanagara Palike (BBMP) is going to seek help from project management consultants. The Palike's air quality improvement plan received the green signal from the Central Pollution Control Board (CPCB) in 2021. The civic body has floated a tender for the selection of project management consultants.

The tender has been floated for Rs 200 crore, and the last date for submitting the proposal is March 3.

BBMP aims to transform the clean air program in the Bengaluru Metropolitan Area by creating high-quality services and streamlining infrastructure. They plan to do so through better management practices and by providing good quality of life through environmentally sustainable, economical, and technologically modern approaches.

However, the agency is currently struggling to identify scalable, financially viable, and sustainable solutions from the myriad new technologies proposed.

BBMP is planning to develop an overall, long-term, strategic roadmap to achieve its vision. The consultancy is expected to assist the agency in various projects under NCAP in two phases: DPR preparation and the implementation phase.

Chosen consultancy will be required to build and set up a monitoring network and review the pollution source apportionment study

The consultancy will be tasked with reviewing action taken by various stakeholders for NCAP.

They will also look at the preparation of baseline scenarios, a roadmap for the achievement of goals, and the preparation of individual micro-action plans for various stakeholders (BMTC, KSRTC, BMRCL, and others) of the state government to achieve the targets set by CPCB. Additionally, they will need to coordinate with stakeholders to create an ecosystem for optimum implementation of NCAP in Bengaluru, assist BBMP to prepare tender documents, draft technical specifications, monitor the execution of the work, prepare and conduct IEC activities, and so on.

An awareness plan will have to be created by them for public officials and volunteers from public domain experts who will undergo training and skill development on air quality under NCAP-related programs.

As of now, the civic agency is struggling to identify scalable, financially viable, and sustainable solutions from the myriad new technologies proposed in order to transform air quality initiative

The consultancy will create a plan for educating citizens on urban pollution too, explaining how to bring down pollution levels in line with KSPCB/CPCB guidelines.

They will be required to build and set up a monitoring network and review the pollution source apportionment study.

They will have to coordinate with stakeholders to get convergence of policies being set by CPCB and the Ministry of Environment, Forest and Climate Change of India. After that, they have to motivate the stakeholders by identifying the bottlenecks obstructing the progress. All of this will have to be done via periodic interactions through video or physical meetings.

BBMP will make 50 per cent of the payment for preparing the DPR and 50 per cent for the consultancy services. Payments will be made based on progress, the contract, and the percentage of work completed.

Feb was too hot? Brace for March-May's heat waves

IMD warns of heat wave in Central, Northwest India that is likely to affect crops

India is likely to experience heat waves between March and May, especially in the key wheat producing central and northern states, the weather office said on Tuesday, as the country recorded its highest ever maximum temperature in February.

A heat-wave for the second straight year could dent production of wheat, rapeseed and chickpeas, and complicate government's efforts to bring down food inflation.

Higher temperatures could also lift power consumption above supplies during the summer season.

"Enhanced probability of occurrence of heat wave during March to May season is likely over many regions of Central and adjoining Northwest India," the India Meteorological Department (IMD) said in a statement.

In March, the crucial month for the maturity of winter-sown crops, above normal maximum temperatures are likely over most parts of the country except peninsular India, it said. "Wheat crop has already been witnessing stress due to higher temperature. Warmer March would definitely lead to yield loss," said a Mumbai-based dealer with a global trade house.

"Wheat crop is already witnessing stress due to higher temperature. Warmer March would definitely lead to yield loss
– Dealer with trade house

Some wheat woes likely

India grows only one wheat crop in a year, with planting in October and November, and harvesting from March. A heat wave curtailed India's wheat production in 2022 and forced the world's second largest producer to ban exports. Average maximum temperature in February was 29.54 degrees Celsius, the highest since 1901, when the IMD started keeping weather records.

The country received 68% lower rainfall than the normal in February, the weather office said.

File photo of students trying to beat the heat in Mumbai; temperatures have already touched unusual highs at some places

NATION

Government officials warned last year that the South Asian country could see more frequent heat waves in future and that average temperatures, even during the monsoon season, have been rising over the last two decades. "Temperatures have already touched unusual highs at some places in the country," India's health ministry said in a letter, seen by Reuters, sent to all states and union territories on Tuesday.

The government directed health departments across the country to implement "heat-related health action plans". – Reuters

IN BRIEF

BBMP Act PIL: HC notice to government

The High Court of Karnataka has issued notice to the state government on a public interest litigation challenging the Constitutional validity of several sections of the Bruhat Bengaluru Mahanagara Palike Act, 2020.

The Citizens Action Forum has challenged Sections 75, 76, 77, 78, 79 and 86 of the Act claiming that they "are prima facie violative of several provisions of the Constitution of India."

The petition has also alleged that Sections 75 and 77, which allow creation of Constituency Consultative Committee and the Zonal Committee, "that in effect operate so as to supersede the Ward Committees and render them otiose."

The Constitution allows for the creation of ward committees but not other panels. "These committees have been established in blatant violation of the spirit of Article 243-S" of the Constitution, the petition says.

The petition came up for hearing before a division bench headed by Chief Justice Prasanna B Varale.

Section 76 of the BBMP Act prescribes the function of the Constituency Consultative Committee while Section 78 outlines the powers and functions of the Zonal Committee.

The petition alleges that the "Constituency Consultative Committee exercises executive and supervisory powers over the Zonal Committee which in turn exercises executive and supervisory powers over the Ward Committees." PTI

Man paid ₹1 cr to hitmen to get dad killed

Police said on Tuesday that it has cracked the murder case of a 71-year-old man in Bengaluru and arrested his son and two contract killers in connection to the crime.

Investigations have revealed that the victim's son, Manikantha (30), had hired the contract killers by paying them a sum of Rs 1 crore.

The two other accused were identified as T. Adarsha (26) and Shivakumar (24). The victim, Narayanaswamy, was hacked to death on February 13 in the parking lot of his apartment. The police said that they also suspect the role of other persons in the case and will arrest them soon.

According to the police, the victim favoured Manikantha's second wife and decided to register his property in her name.

Feeling dejected by this, he then decided to kill his father. In 2013, Manikantha was jailed for allegedly killing his first wife. He was again imprisoned for a second time for trying to kill his second wife.

He met the contract killers while he was in prison for the second time and had promised them of Rs 1 crore and an apartment each for killing his father. Manikantha also paid Rs 1 lakh in advance, the police said. Narayanaswamy owned an apartment complex with 28 flats, as well as acres of land in Bengaluru. – IANS

CONTINUED FROM PAGE 1

'No objections were filed'

"Orders to cut trees are being given without any alternatives taken into consideration. While we are not against development, such incessant tree feeling will only turn the city into a concrete jungle. TEC must exercise the powers that it has been given and look at mitigation techniques instead of just passing tree felling orders," said a city based tree activist.

Netizens said orders must include details on the compensatory plantation. While the orders passed by the committee talk about this provision, it mentions it cursorily.

According to the current order, in lieu of each tree translocated and felled, 10 healthy and heightened saplings must be planted: The saplings must be planted as per forestry practices and maintained for at least three years. Moreover, photographs and proper documentation of the plantation have to be maintained. Regular monitoring is also required for the conducive growth of translocated trees and planted saplings.

"The TEC must include details of compensatory plantation in the orders such as the space designated for it. While the orders include details of the trees that are to be cut, there is only a cursory mention of the compensatory plantation," said Vijay Nishant, founder, Project Vruksha.

Experts also pointed to the lack of public objections in response to the notices. Notably, no objections were filed in the case of the public notice for the suburban rail project. They felt the forest cell of BBMP must start circulating these notices on social media.

"People do not read notice pages in the newspaper. Moreover, nobody regularly goes to the BBMP website to keep a tab on these public notices. The DCF should be innovative and ensure a wide circulation of these notices. More and more people must become aware of these. Moreover, some of the civic agencies in other cities put up these notices on the trees that are to be felled. Although there is no such provision in the Karnataka Preservation of Trees Act, considering that no objections are being received by the public, such methods must be explored now," said Dattatreya Devare, trustee of Bangalore Environment Trust.

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CHANGE OF NAME

WE, Tammali Aditya Prasad and Tammali Sravanthi, R/o #126, Radiant Silver Bell1 Sadaramangala, Kodigehalli Main Road, Kadugodi Bengaluru - 560067, have changed our son's name from RAJANALA DHRUVAN SHANMUKHA SAI to TAMMALI DHRUVAN SHANMUKHA SAI, vide affidavit dated 27.02.2023 sworn before notary Y.V. Shankar, Bengaluru.

I Pooja Dadhich W/O, Prateek Tiwari R/o A-1208, Pride Springfields, Gubbalala Uttarahalli, Bangalore 560061 have changed my name to Pooja Tiwari for all purposes.

I, Rajanala Aditya Prasad alias Aditya Prasad Rajanala alias Aditya Prasad T alias Aditya Prasad, S/o Guru Prasad Tammali, R/o #126, Radiant Silver Bell1, Sadaramangala Kodigehalli Main Road Kadugodi, Bengaluru – 560067 have changed my name as TAMMALI ADITYA PRASAD vide affidavit dated 27.02.2023 sworn before notary Y.V. Shankar, Bengaluru.

WE, Tammali Aditya Prasad and Tammali Sravanthi, R/o #126, Radiant Silver Bell1, Sadaramangala, Kodigehalli Main Road, Kadugodi, Bengaluru - 560067, have changed our son's name from RAJANALA DHRUPAN SHANMUKHA SAI to TAMMALI DHRUPAN SHANMUKHA SAI, vide affidavit dated 27.02.2023 sworn before notary Y.V. Shankar, Bengaluru.

I, Pothuru Sravanthi alias Sravanthi Pothuru, W/o Tammali Aditya Prasad, R/o #126, Radiant Silver Bell1 Sadaramangala, Kodigehalli Main Road, Kadugodi Bengaluru – 560067, have changed my name as TAMMALI SRAVANTHI, vide affidavit dated 27.02.2023 sworn before notary Y.V. Shankar, B'lore.

I, SUMAN KUMARI, Residing at P1 402, SNN Raj Serenity APT, Begur Kopa Road Yallnahalli, Bengaluru Karnataka-560068 have changed my name to SUMAN MANHAS, vide affidavit dated 14/02/2023, sworn before notary M.K. Devaki, Bangalore.

I, Mufaddal Abdultaiyeb R/o C/o Mufaddal Abdultaiyeb S/o Abdultaiyeb, Flat 301, Zubeda Residency, 1427, 6th Cross, Bohra Layout, Gottigere, Off Bannerghatta Road, Bangalore 560083 have changed my minor son's name from Ali Asger to Aliasger Mufaddal Abdultaiyeb

I, Chockalingam R/o Flat No. 204, Vikyath Pride, 5th Cross Alfa Garden, Kodigehalli Road, Kr Puram, Bangalore 560036 have changed my minor son's name from Sutharsanan Chockkalingam to Sutharsanan for all purposes.

I, Nusrath W/o Sardar Baig R/o #1 , 2nd Cross , H Siddaiah Road , Sudhamanagar B'lore-560027 have changed my name to Nusrath Baig.

I, Mahaboob John w/o Abdul Khadar R/o #278 , 7th Cross , Yarab Nagar ,Banashakari 2nd Stage B'lore-560070 have changed my name to Mahaboob Jan.

I, Yashaswini B N W/o Mohammed Khurram R/o #132 1st Floor 7th Cross Eshwari Bliss Kaggalipura Lake Kanakapura Main Road Bangalore-560082 have changed my name to Sadiya Taj

I, Deepak Kumar Jain Bhikamchand S/o Sh. Bhikamchand Khivansara R/o 6/A, 3A Main Road, Ramaiah Layout, Bangalore-560084, have changed my name to Deepak Kumar Jain.

I, Satish Rajagopalan R/o Mc701 Golden Grand Apartments Tumkur Road Yeswantpur Bangalore 560022 have changed my minor daughter's name from Sahana to Sahana Satish

I Shamboling Khot S/O, Gireppa R/o Flat Number 203, Vrl Homes, B Hossali Road, Kadaagrahara Village, Bangalore have changed my name to Shamboling Gireppa Khot for all purposes.

I Sneha Susan Mathew W/O, Vipin Varghese George R/o 41a,1st Main,3rd Cross, Msr Nagar, Bengaluru, have changed my name to Sneha Vipin for all purposes.

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There is evidence to show that more time spent outdoors helps reduce the risk of becoming short-sighted

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LAP IT UP

Swimming pools vs wild swimming – a germs expert on which is worse

Wild swimming has grown massively in popularity in recent times. Not only is swimming outdoors a pleasant way to enjoy the sunshine, fresh air and green leafy surroundings, it can also help to relieve stress and elevate our endorphins. This creates a sense of wellbeing as well as burning calories and exercising muscles.

But along with the joys of outdoor swimming come some dangers. Not only are wild swimmers more at risk from tides, currents and swells, there can also be nasty bugs and bacteria lurking in the water. And with untreated sewage regularly flowing into seas, rivers and lakes across the country, it can be hard to find a safe spot for a paddle.

Of course, swimming in a pool comes with its own set of risks.

Urinary tract infections, ear infections and tummy bugs are the most common illnesses caught here. Dirty pools can also cause your eyes to sting and harbour all sorts of bacteria and germs – including urine, faeces and sweat. In many ways, swimming pools are like a big bath filled with lots of strangers.

But while it's clear that swimming in outdoor waters carries different risks from swimming in a pool, the question of where's safest to swim may not seem immediately obvious. So where's cleanest for a dip: swimming pools, or rivers, lakes, canals and the sea? Let's look at the evidence.

Toxic waters

Unlike swimming pools where waters are carefully monitored, outdoor waters are constantly changing in composition.

This means that chemicals can leach into wild waters from nearby farms or industrial areas, animals can defecate in water, and in certain areas human sewage may be legally or otherwise dumped into the water (if you can see pipes, do not get in).

There may not be signposts warning of local dangers, and the presence of toxic agents might not be obvious. When in doubt about the chemical safety of outdoor waters, it's better to not enter them. If the water doesn't look or smell right, trust your instinct.

There are also natural hazards to outdoor waters compared with pools, especially in the summer.

Blue–green algae is a type of bacteria naturally found in lake ecosystems. In warm summers, the algae tends to multiply and form a powdery green scum (known as a bloom) on the surface of the lake. This blue-green algae bloom can release toxins which are harmful to humans and occasionally lethal to pets.

Swimming in or swallowing water containing toxin-releasing algal blooms can lead to skin rashes, eye irritation, severe gastrointestinal upset, fever, and muscle and joint pain.

Bacteria and viruses

Diarrhoea is the most common illness linked to open-water swimming, often due to sewage contamination. You become ill if you swallow contaminated water, which can contain bacteria and viruses such as E.coli and Norovirus.

Rats living in sewers adjacent to freshwater rivers or canals can also carry in their urine the bacterial pathogen Leptospira, which causes Leptospirosis (Weil's disease). The infection occurs if soil or water from a lake, river or canal that contains urine from infected animals is swallowed, gets in a swimmer's eyes or a cut.

Leptospirosis can cause liver and kidney damage, and may be fatal if left untreated. If you develop flu or jaundice symptoms up to two weeks after swimming in a river or canal, it may be a good idea to ask your doctor for a Leptospirosis test.

As for the sea, a 2018 study found that people swimming in seawater were more likely to experience infections of the ear, nose, throat and gastrointestinal system than those who stayed on the beach. So it's a good idea to wash after swimming in any outdoor waters, and certainly before eating food.

The verdict

When you add it all up, even with the possibility of people peeing and pooping in the pool, a managed swimming pool will always be a safer environment for a swim. Especially when you consider things like jellyfish stings and the additional risks that come with swimming in cold water.

Compared with a pool, wild swimmers are more likely to become unwell from swimming in outdoor water as there will always be potentially disease-causing microbes present.

Swimming pool water, with adequate chlorine disinfection levels and pH maintenance, is much less likely to contain infectious microorganisms and so represents a much safer environment for recreational swimming. Injuries and drowning are also much less likely in pools where trained lifeguards and safety equipment are present.

Perhaps, then, an outdoor managed swimming pool offers the best of both worlds – a swim with the sun on your back in a sanitary environment.

(By Primrose Freestone, University of Leicester, The Conversation)

MIRRORLIGHTS

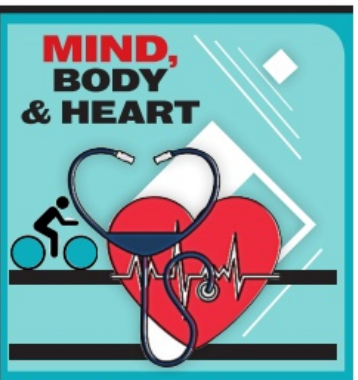
How early-life stress can disrupt brain's reward circuits

A novel brain link may provide a new therapeutic target for the treatment of mental illness by explaining how early stress and adversity cause the reward circuit in the brain to function improperly. This circuit's dysfunction is regarded to be the root cause of a number of severe illnesses, including depression, drug misuse, and excessive risk-taking.

In an article recently published online in Nature Communications, Dr Tallie Z. Baram, senior author and UCI Donald Bren Professor and Distinguished Professor in the Departments of Anatomy & Neurobiology, Pediatrics, Neurology and Physiology & Biophysics, and Matt Birnie, lead author and a postdoctoral researcher, describe the cellular changes in the brain's circuitry caused by exposure to adversity during childhood.

"We know that early-life stress impacts the brain, but until now, we didn't know how," Baram said. "Our team focused on identifying potentially stress-sensitive brain pathways. We discovered a new pathway within the reward circuit that expresses a molecule called corticotropin-releasing hormone that controls our responses to stress. We found that adverse experiences cause this brain pathway to be overactive."

"These changes to the pathway disrupt reward behaviours, reducing pleasure and motivation for fun, food and sex cues in mice," she said. "In humans, such behavioural changes, called 'anhedonia,' are associated with emotional disorders. Importantly, we discovered that when we silence this pathway using modern technology, we restore the brain's normal reward behaviours." —ANI



All you need to know about...

Catarrh

What is it?
This is a build-up of mucus in your nose and sinuses and phlegm in your throat. You may get it if you've had a cold, flu or sinusitis.
If it doesn't clear up in a few weeks, see your GP.

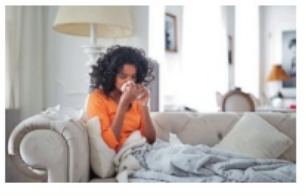
What are the symptoms?
A common one is the sensation of a lump in your throat making you swallow or cough all the time.
You may also get the feeling of a post-nasal drip, like mucus is slowly running down the back of your throat, and there could be a crackling feeling in your ears.

What causes it?
First an infection with a cold or flu virus superseded by a bacterial sinus infection. Pollution and cigarette smoke, allergic reactions to pollen, dust and pet fur can also inflame the nose lining. Nasal polyps can irritate the linings and cause catarrh too.

What you can do for yourself:
Here are some things you can do to help ease the symptoms: ? Drink plenty of water and sip ice-cold water when you need to clear your throat, rather than coughing or swallowing. ? Try using a humidifier to help loosen the mucus in your nose and throat.
Use an extra pillow so you sleep in a more upright position.
Try gargling with salt water and rinsing your nose with salt water.

Your GP can help
They may suggest decongestants and salt water nose rinses. A steroid spray or nose drops might help nasal polyps but surgery may be needed to remove them.

—Dr Miriam Stoppard, Daily Mirror



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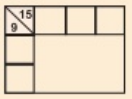
SOLVE IT IN A MINUTE

What is the exact smaller angle between the hour hand and the minute hand on an analog clock at one second past midnight?

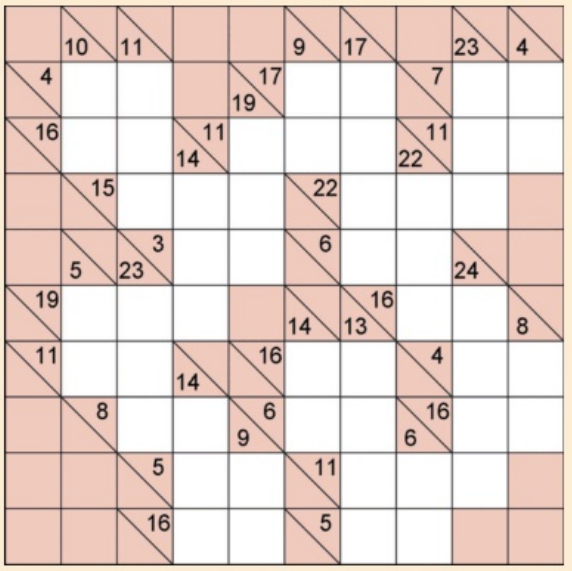
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

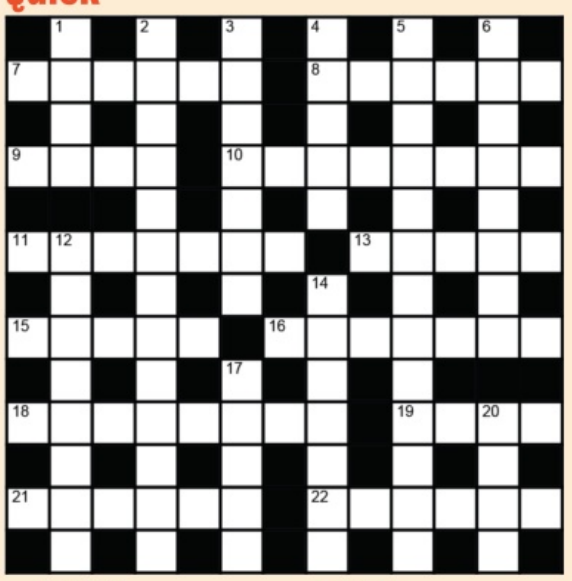


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Body decoration (6)
8 ___ City: Bangalore of course (6)
9 Young male horse (4)
10 Generous; eager to please (8)
11 Reveres or respects? (7)
13 Pester (5)
15 Irritable (5)
16 Raise objections (7)
18 Evaluated (8)
19 Small American coin (4)
21 Burned or made dry (6)
22 Private teachers (6)

DOWN

1 Mexican snack (4)
2 Reflecting the most recent developments (5-2-3-3)
3 Red, blue, green, et al. (7)
4 Active, sprightly or lithesome (5)
5 Predict (13)
6 Ideas that are intended (8)
12 Exceed or go beyond (8)
14 Positive bank balances (7)
17 Lay ____: save to use at a later time, as in " Lay ____ some money"? (5)
20 Not any (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS P

JXS'D OQ ZQUHAQFF VEDM XD-MQZ NQXNAQ'F MQCZDF, CSJ JXS'D NKD KN VEDM NQXNAQ DMCD CZQ ZQUHAQFF VEDM RXKZF.

Linemaro

You have great handwriting, even if it's only a shopping list

Mindchow

Happiness does not come from having much, but from being attached to little

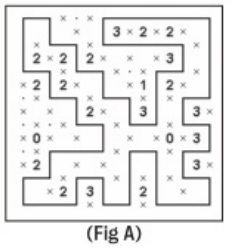
Joke of the day

Some say the glass is half full, some say the glass is half empty, I say, "are you gonna drink that?"

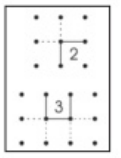
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

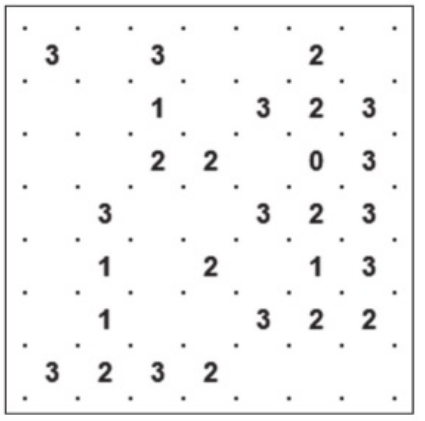


(Fig B) Not Allowed

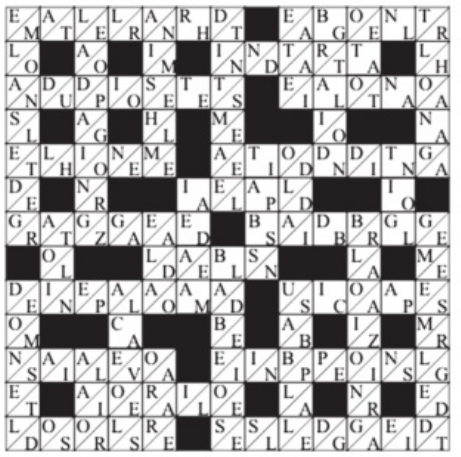
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



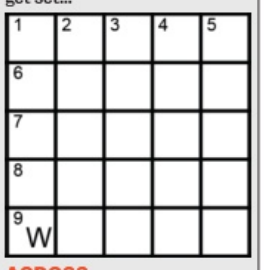
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

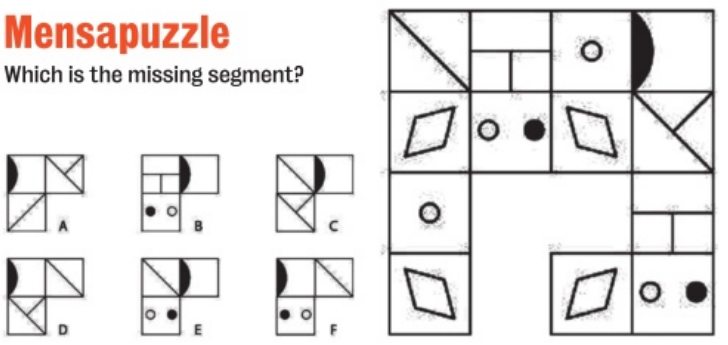
1 Taros; 6 Me EEC;
7 Siren; 8 Gaits;
9 Sawed

DOWN

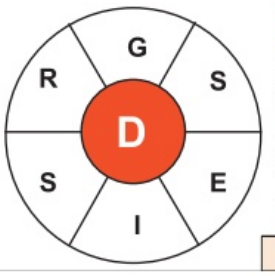
1 Wears; 2 O Mage;
3 Daric; 4 I sees;
5 Netts

Mensapuzzle

Which is the missing segment?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

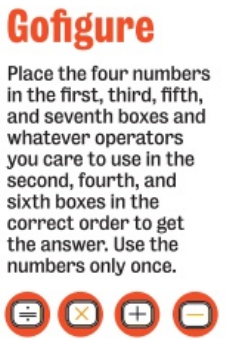
SudokuChallenge

				8				3
8		2			6			
1					7	5	4	8
			7				8	4
5				4				2
4	6				9			
2	8	1	4					9
			9			8		1
7				5				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



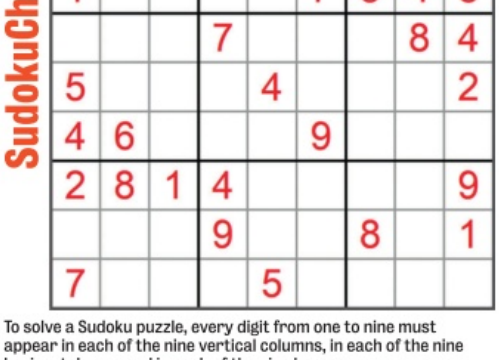
Easy = 2
5 6 8 9

Medium = 11
1 2 6 8

Hard = 10
2 5 9 3

Hocusfocus

Find at least six differences in details between panels.



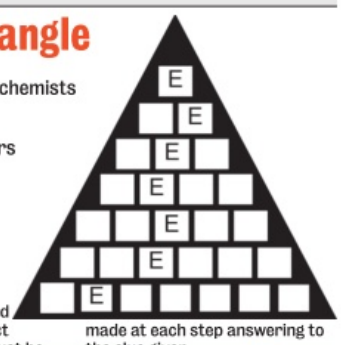
Differences: 1. Briefcase is larger. 2. Bush is larger. 3. Collar is missing. 4. Car bumper is missing. 5. Lapel is missing. 6. Windows in door are smaller.

Riddler

Grace went swimming regularly for four weeks. In the second week, she swam 35 lengths more than a third of the distance she covered in the first week. In the last two weeks, she swam three times as far as she did in the second week. If she swam a total of 224 lengths, how many lengths did she swim in the first week?

Alpha triangle

1 Second vowel
2 Selenium for the chemists
3 Matching pieces
4 Pause
5 Peaches and pears
6 Says hello
7 Rues

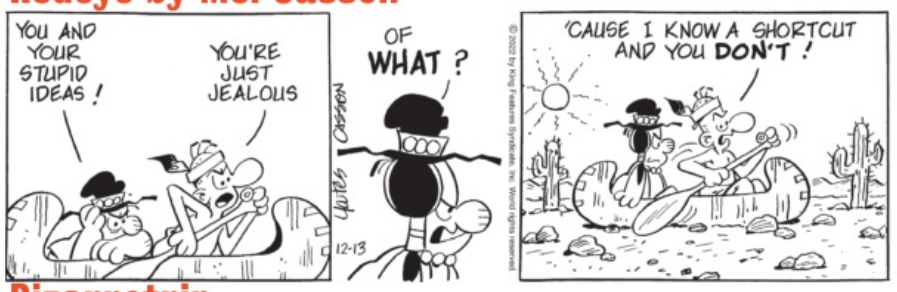


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

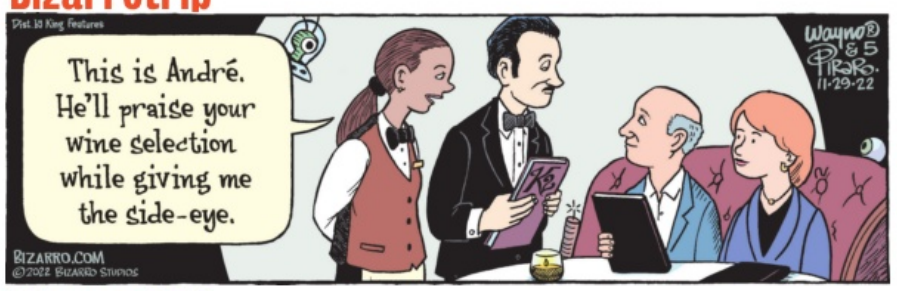
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

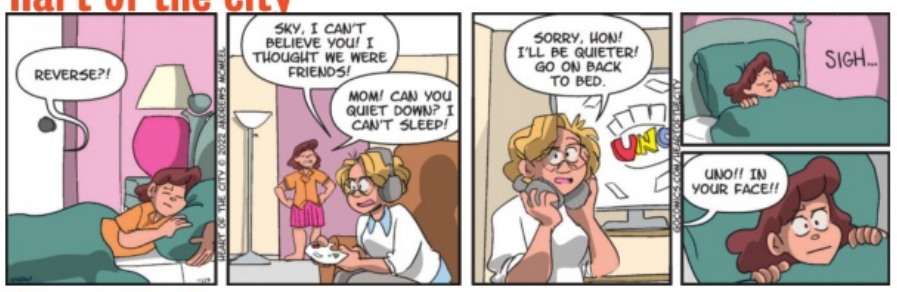


Bizarrotrip



Diamond Lil

Hart of the city


REVERSE?!
SKY, I CAN'T BELIEVE YOU! I THOUGHT WE WERE FRIENDS!
MOM! CAN YOU QUIET DOWN? I CAN'T SLEEP!
SORRY, HON! I'LL BE QUIETER! GO ON BACK TO BED.
SIGH...
UNO!! IN YOUR FACE!!

Crankshaft

SO TELL US, PHIL... ARE WE GOING TO HAVE A WHITE CHRISTMAS?
ACTUALLY, THERE'S A BIG STORM COMING THAT COULD DUMP SEVERAL FEET OF SNOW!
I WAS THINKING MORE ALONG THE LINES OF A DECORATIVE DUSTING.
CHANNEL ONE WEATHER
12-20

Mutts

EARL, LAST NIGHT THE GHOSTS OF CHRISTMAS PAST, PRESENT AND FUTURE VISITED ME!!!
DID YOU LEARN ANYTHING?
YESH.
DON'T EAT FIGGY PUDDING BEFORE GOING TO SHLEEP.

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be blessed by the moon. You may plan to renovate your office or house. You are advised to spend within your budget, otherwise it may affect your savings. Your straightforwardness may affect your relationship with loved ones. Think twice before speaking. You may also have teeth, throat, ear, and nose-related issues.

Taurus Apr 21 – May 20
Today you may feel happiness and peace of mind. You may work efficiently in your professional life. Your subordinates may cooperate with you to take some important decisions in business. You may plan to start a new venture with the help of your siblings and network, which may be beneficial for the growth of business. It is advised to take proper rest to maintain your enthusiasm.

Gemini May 21 – Jun 21
Today you may face detachment from your given responsibilities. You also spend more money on worthless items, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals, otherwise you may be a victim of conspiracy. It is advised to read documents carefully before putting your signature on them.

Cancer Jun 22 – July 23
Today you may enjoy your family and professional life. You may become polite with the people around you, which may help with smooth completion of your work. You may find some new sources of income, which may boost your savings. You may also plan to renovate your house or office. You can expect promotions.

Leo Jul 24 – Aug 23
Today you may be busy with work. Your wisdom may help you take the right decision in terms of business growth. You are likely to get a big order, which may expand your work. You may utilise your creativity to renovate your home or office, which may improve your social status. You may invest in some creative assets too.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon. You may face all the challenges with the help of patience and you enjoy it at work. You may plan a short work-related trip where you may get help from your siblings and subordinates. This will enhance your social network. Job seekers are advised to use their network to find a suitable job.

Libra Sep 24 – Oct 22
Today you may have some health issues. Lack of sleep can make you arrogant. You are advised to avoid arguments at work and at home to avoid messy situations. You may also be attracted to the occult. You may find yourself in a self-analysis state, but your luck may help you to come out of this messy situation.

Scorpio Oct 23 – Nov 22
Today you may plan to renovate your house. You may buy some artefacts or creative items, which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy romantic moments with your spouse, which will improve your emotional relationship. Singles may find their soulmate. Lovebirds may take some important decisions in terms of marriage.

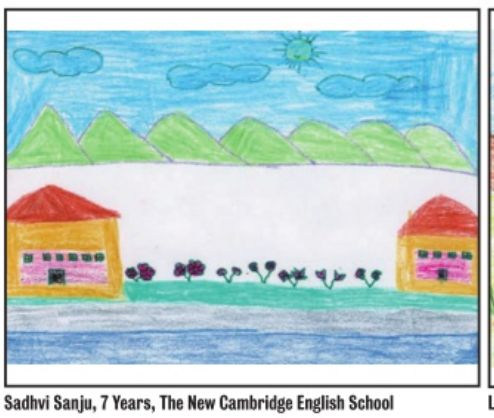
Sagittarius Nov 23 – Dec 22
Today you may feel happy. Chronic health issues related to family members will be cured. Money that was stuck may be recovered now, which may increase liquidity in business. People who are in jobs may get some incentives, which will improve financial health. Job seekers may find work with the help of references. Students may take some help from their friends in terms of academics.

Capricorn Dec 23 – Jan 20
Today you are likely to use your creativity to renovate your house or office. Your focus towards your goals may be good. Overworking may tire your mind, which can create anxiety, restlessness, and stress. This may impact your domestic life. Students are advised to avoid fantasy in their studies. They are advised to make a proper time table and follow it with the help of will power.

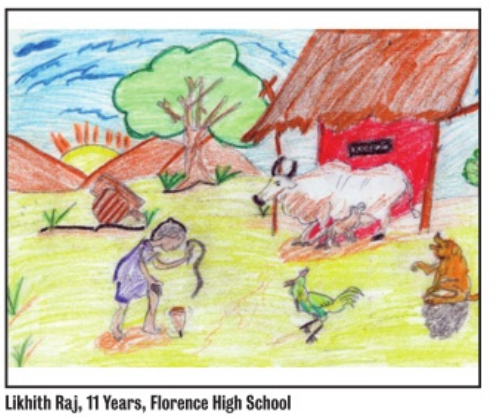
Aquarius Jan 21 – Feb 19
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which tend to leave your projects incomplete. Investments in fixed assets are advised to be postponed for some days. However, you may overcome messy situations. In the evening, you may be more focused towards your work.

Pisces Feb 20 – Mar 20
Today you may hear good news from your sibling. You may spend your time with family and friends. You can plan to renovate your house or office as your creativity will be high. You may start new partnerships with a family member, which will be beneficial in the near future. Your subordinates may help you complete a project.

KIDZONE



Sadhvi Sanju, 7 Years, The New Cambridge English School



Likhith Raj, 11 Years, Florence High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
In one hour, the hour hand moves 30°. That means in one second, the hour hand moves 30/3600 = 1/120°. Every second the minute hand moves 1/10° Therefore the difference is 11/120°

RIDDLER 36 lengths

BULL'S EYE
DIGRESS, dire, dirge, dress, gird, gird, ride, ridge, side, sired

STRIKE OUT

M	A	L	L	A	R	D	A	G	E	N	T	H		
O	O	I		I	N	T	R	A		H				
N	U	D	I	S	T	S		E	A	T	N	O		
S	G	L		M		I				N				
T	H	I	N	E		A	T	O	N	I	N	G		
E	N		A	L	A	D		I						
R	A	G	G	E	D		B	A	B	B	L	E		
V	F	S	C	S		G								
H	O	N	O	U	R	S		H	O	U	N	D		
	E		U		E		N		I					
C	O	L	T		O	B	L	I	G	I	N	G		
C	A		L		I		O		A					
T	A	T	T	O	O		G	A	R	D	E	N		
S	E	A	R	E	D		T	U	T	O	R	S		
A	S	S	E	S	S	E	D		C	E	N	T		
R	H		E		I									
T	E	S	T	Y		P	R	O	T	E	S	T		
P	T		E		S		E		Y					

FAST FIVE

R	O	A	S	T
E	M	C	E	E
S	E	R	I	N
A	G	I	S	T
W	A	D	E	S

ALPHA TRIANGLE
E, Se, Set, Rest, Trees, Greets, Regrets.

GO FIGURE
Easy
9 + 6 – 5 – 8 = 2
8 / 2 + 6 + 1 = 11
Hard
2 x 9 – 3 – 5 = 10

QUOTE UNCODE
Don't be reckless with other people's hearts, and don't put up with people that are reckless with yours.

MENSA PUZZLE
D: opposite corner blocks of four squares are identical.

SUDOKU

9	7	5	1	8	4	2	6	3
8	4	2	5	3	6	9	1	7
1	3	6	2	9	7	5	4	8
3	2	9	7	1	5	6	8	4
5	1	7	6	4	8	3	9	2
4	6	8	3	2	9	1	7	5
2	8	1	4	6	3	7	5	9
6	5	4	9	7	2	8	3	1
7	9	3	8	5	1	4	2	6

LOOP

KAKURO

Volume No 15, Issue No 178 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Bruised Actress Samantha Ruth Prabhu, who swayed the nation with "Oo Antava", suffered an injury while shooting for the Indian adaptation of "Citadel". The actress shared a picture of her bruised hands

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Riders of the storm

Deepika reveals how she and co-star SRK kept their cool in the face of raging controversy

Despite the humongous success of Pathaan at the BO, the movie has been courting controversy ever since it came out. Whether it was the 'supposedly' excessive skin show by Deepika or the colour of her bikini, the movie has been caught up in the eye of a storm since the beginning.

Recently, lead actor Deepika Padukone, in an interaction with India Today revealed how she and co-star Shah Rukh Khan kept their cool while the movie was inviting so much uninvited attention. She said, "I can say this for both of us that we don't know any other way of being. I think that's just who we are as people and the way we have been brought up by our respective families. We came here alone with just dreams and aspirations. All we know is commitment, hard work and humility, and it has gotten us where we are. Some of it comes with experience and maturity. We both have been athletes. I do know that he played sport in school and college. Sport teaches you a lot about restraint."

She further opened up on her equation with King Khan and said, "Fifteen years ago, a superstar like him showed immense faith in a rank newcomer, who had no experience or lineage in the film industry, and cast me opposite him without an audition, mind you, that too in a double role. The beautiful part of our relationship is that one handhold or one hug communicates everything that we need to convey to each other."

Deepika will soon be seen in Siddharth Anand's Fighter with Hrithik Roshan. **ETimes**

PRIVACY BREACH ALERT

Yami Gautam recently recalled an incident when a young fan took her video without her consent. The actress was talking about celebrities' privacy breach.

Spilling some beans about the incident, Yami told a journalist that a teenage boy once requested her staff for a picture and so she obliged. However, the boy started recording her video without her consent. She also added that it was very bad and apparently the fan got millions of views for his video on his vlog.

The fact that he got so many views and comments on his video will encourage him to do it again with somebody else. According to her, people are making these things normal for the next generation. She added that there has to be a line drawn and everything is not okay.

Yami was recently seen in 'Lost', which was released this month after much delay. It is directed by Aniruddha Roy Chowdhury. Next, the actress has her kitty full with projects like 'Oh My God 2' with Akshay Kumar and Pankaj Tripathi. **ETimes**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Sing along

A grand event was organised at Sidlaghatta in Chikkaballapur on Sunday for the release of a song from Kabza. Sidlaghatta is the hometown of R Chandru who has bankrolled and directed the pan-Indian movie scheduled for release on March 17 in five languages.

A large gathering gathered at Nehru Maidan cheered when the song – Chum Chum Chali Chali – played on a huge screen put up at the venue. The song is sung by Airaa Udupi, Manish Dinakar and Santosh Venky and its lyrics are written by Pramod Maruvanthe. Ravi Basrur has scored music for the song. "I am happy to see prominent personalities, including Dr Shivarajkumar and Geetha Shivarajkumar. We have released two songs of the movie in Hyderabad and Chennai," said Chandru.

Minister for Health and Family Welfare and Medical Education Dr K Sudhakar also attended the event. Dr Shivarajkumar said he is a fan of Real Star Upendra. "Upendra has proved his mettle in direction with the film Om. Working with Upendra gives me immense satisfaction. Director R Chandru is also known for handling his wonderful movies," said Dr Shivarajkumar. Upendra, who plays the lead, said he wanted to direct a movie with Dr Shivarajkumar as the hero. "I wanted to direct a movie with Puneeth Rajkumar in the lead but in vain," said Upendra.

Search for a heroine

Producer Paramesh has been busy with the arrangements to release his latest movie Pranayam. It said that Paramesh had to got through a struggle find a suitable female lead for the film.

"I approached Rachita Ram to play the lead but she could not accept it. Later, I approached Ashika Ranganath but she too did not agree. Finally, someone from Hyderabad introduced Naina Ganguly who agreed to act in the movie," said Paramesh.

He said Naina has acted in some Telugu movies including Vangaveeti and Dangerous directed by Ram Gopal Varma. "I am very happy to have Rajavardhan as the lead actor in this romantic drama. Rajavardhan was happy

when I narrated the script to him. We did not compromise on the quality of the movie," he said.

The other added value of Pranayam is choreography by choreographer couple Madan and Harini. The speciality of the choreography is that even character artistes get space in song sequences. "I want to thank producer Paramesh for giving us this opportunity," said Harini.

Rajavardhan, who played the lead in Bicchugatti, is the lead in Pranayam.